

Crew Rest

GMT	Crew	Activity
06:00–06:05	CDR	Morning inspection
06:00–06:10	FE-1, FE-2	
06:10–06:40		Post-sleep
06:05–06:30	CDR	Video downlink: purge/vacuum purge of Prop Filling Assembly (???) (?₀=06:08:00; ?₁, ?₂, and ?₃ will be activated by the Automated Daily Timeline (???))
06:30–07:00		Post-sleep
06:40–07:30	FE-1, FE-2	BREAKFAST
07:00–07:40	CDR	
07:40–08:10		Video downlink: Progress undocking (?₀=07:44:00; ?₁, ?₂, and ?₃ will be activated by the Automated Daily Timeline (?? ?))
10:00–11:30	FE-1	Physical exercise (RED)
10:30–11:30	FE-2	Physical exercise (TVIS-1)
11:00–12:30	CDR	Physical exercise (VELO+RED day 1)
11:30–12:30	FE-1	Physical exercise (TVIS)
12:30–13:30		LUNCH
13:40–13:50	FE-1	Off-day LAB payload status check
15:35–17:05	FE-2	Physical exercise (VELO+RED day 1)
16:35–17:15	CDR	Maintenance of ? ? ?
17:05–17:45	FE-2	IMS file prep
17:15–18:15	CDR	Physical exercise (TVIS-1)
17:40–18:00	FE-1	Periodic Health Status (PHS): equipment setup
17:45–18:15	FE-2	REFLOTRON setup
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference (<i>S-band</i>)
19:00–19:30		Report prep
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Notes:

See OSTP for references to US activities

Task List activity for CDR: URAGAN Earth Observations

Task List activity for CDR: DIATOMEA Ocean Observations

End of radiogram